



Corn Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups corn kernels (6 ears)
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1.5 cups milk 1% low-fat
- ☐ 0.8 teaspoon salt

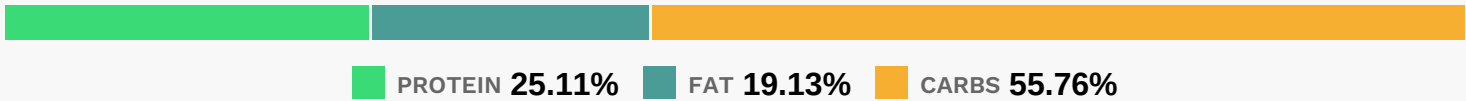
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine corn, chives, thyme, salt, and pepper in a medium bowl.
- ☐ Combine milk, egg substitute, cream cheese, and egg in a medium bowl.
- ☐ Add the milk mixture to the corn mixture, and stir well to combine.
- ☐ Pour the corn mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 55 minutes or until top of pudding is golden brown.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:5.5969564966533%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 77.79kcal (3.89%), Fat: 1.79g (2.76%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 10.34g (3.76%), Sugar: 5.27g (5.86%), Cholesterol: 25.46mg (8.49%), Sodium: 400.2mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Selenium: 9.43µg (13.47%), Vitamin B2: 0.21mg (12.28%), Phosphorus: 98.79mg (9.88%), Calcium: 77.16mg (7.72%), Folate: 30.69µg (7.67%), Vitamin B5: 0.73mg (7.31%), Vitamin B12: 0.38µg (6.28%), Potassium: 202.02mg (5.77%), Vitamin D: 0.85µg (5.68%), Fiber: 1.4g (5.6%), Vitamin A: 278.23IU (5.56%), Manganese: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.66%), Magnesium: 18.34mg (4.59%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (4.24%), Iron: 0.75mg (4.18%), Vitamin C: 3.19mg (3.86%), Vitamin B3:

0.72mg (3.58%), Vitamin K: 2.86µg (2.72%), Vitamin E: 0.37mg (2.48%), Copper: 0.04mg (1.82%)